Radiogram 6505u

GMT	Crew	Activity
06:00-06:10		Morning inspection
06:10-06:25	FE-1	Post-sleep
	CDR	Urine biochemical test (combined with PHS)
06:25-06:40	FE-1	
	CDR	Post-sleep
06:40-07:30		BREAKFAST
07:30-08:00	<u></u> .	Prep for work
08:00-08:15		Daily planning conference (S-band)
08:15-08:45	FE-1	Periodic Health Status Check - CMO
00.10-00.43	CDR	Periodic Health Status Check – Test subject is cosmonaut (astronaut)
08:45-09:15	FE-1	
06.45-09.15	CDR	Periodic Health Status Check - CMO
09:15-09:40	FE-1	Periodic Health Status Check data recording
09:15-10:15	CDR	Gas-liquid heat exchanger (ГЖТ) removable screen 1, 2, and 3 cleanup in FGB
09:40-09:55	FF 4	PHS and "Urolux" hardware stow
09:55-11:10	= FE-1	Physical exercise (RED)
10:15-10:55	CDR	Dust collector ΠC-1 and ΠC-2 filter R&R in FGB
10:55-11:10		Regeneration of Φ 1 absorption cartridge in micropurification unit (БМП) (start)
11:10-11:15		Microgravity Science Glovebox (MSG): activation
11:15-11:30	FE-1	Pore formation and Mobility Investigation (PFMI) – sample setup in thermal chamber
11:15-12:45	CDR	Physical exercise (TVIS-2)
11:30-11:50	FE-1	Pore formation and Mobility Investigation (PFMI) – videotape insert, hardware activation
11:50-12:00		Pore formation and Mobility Investigation (PFMI) - sample checkup, start of processing and computer startup
12:00-12:10		On MCC go ISS repress from Progress No. 248 Section 2
12:15-12:45		СОЖ maitenance
12:45-13:45		LUNCH
13:45-13:50	CDR	БРΠК-2 separator inspection
13:45-13:55	FE-1	Setup for PAO event
13:55-14:05		Prep for PAO event
14:05-14:35		ISS-7 crew conference with media at JSC: Shuttle Return to Flight (S+Ku-band)
14:35-15:35	1	ISS fire response drill
15:35-16:55	FE-1	EPO procedure review
15:35-16:30	CDR	ЦВ fan protective screen cleaning
16:30-17:00		PLASMA CRYSTAL-3. Video downlink
16:55-17:05	FE-1	Pore Formation and Mobility Investigation (PFMI) – videotape removal
17:00-17:20	CDR	IMS file prep

17:05-18:20	FE-1	Physical exercise (CEVIS)
17:20-18:20	CDR	Physical exercise (Velo + Load Trainer-1/Day 2)
18:20-18:35		Daily plan review
18:35-18:50		Daily planning conference (S-band)
18:50-19:00		Daily plan review
19:00-19:30		Prep for work
19:30-20:00		DINNER
20:00-20:30		Daily food prep
20:30-21:30		Pre-sleep
21:30-06:00		SLEEP

Note: See OSTP for references to US activities

End of radiogram